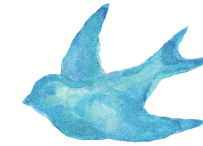


BE FREE
Weekly Food
 PLANNER TOOL

START DATE: _____



	BREAKFAST	LUNCH	DINNER	SNACKS	DRINKS
MON					
TUES					
WED					
THURS					
FRI					
SAT					
SUN					

Suggestions

Anti Inflammatory Foods:
 Ginger, Turmeric, Broccoli,
 Avocado, Berries, Oily Fish,
 Green Leafy Veg, Almonds,
 Walnuts

Cortisol Reducing Foods
 Banana's, Dark Choc,
 Blueberries

Tryptophan rich foods
 Eggs, Turkey, Nuts, Seeds,
 Tofu, Oats, Beans, Lentils,
 Avocado's, Cacao

Supplements
 Multi Vitamins, Omega Oils,
 Pro and Probiotics making
 sure they are all natural and
 do not contain synthetics.

Things to Cut Back & Reduce
 Caffeine, Processed Food,
 Refined Sugars, Alcohol,
 Red Meat